

Recipes from the November-2005 Native American Heritage Celebration

Organized by the NIEHS Diversity Council

Table of Contents:

Zuni Bread	3
Hot Chocolate	3
Cherokee Blackberry Cobbler	4
Pumpkin Soup	4
Cherokee Chicken	5
Cherokee Huckleberry Bread	5
Maple Mashed Sweet Potatoes	6
Cherokee Fried Hominy	6
Indian Beans	7
Sweet Potato Bread	7
Sausage Fried Rice	8
Maple Popcorn Balls	9
Porcupines	9

The Diversity Council wishes to thank everyone who helped organize this event and especially those who prepared food items and have shared their recipes for this handout.

Zuni Bread

INGREDIENTS:

7/8 cup buttermilk
1 egg white
1 teaspoon powdered lecithin, optional
1 2/3 cup whole wheat flour
1 cup bread flour
1/3 cup cornmeal
1 1/2 teaspoon salt
1 1/2 tablespoon applesauce (butter)
3 tablespoon molasses
1/3 cup dry roasted sunflower seeds
1/4 teaspoon baking soda
3 teaspoons yeast



Mix all ingredients into a dough and let rise. Form into a flat round loaf about 1 inch thick. Bake at 350 degrees until golden brown.

Prepared by: Terry Blankenship-Paris

Hot Chocolate

INGREDIENTS:

2 ounces (squares) bitter, unsugared bakers' chocolate
1 cup hot water
3 tablespoons honey
dash salt
3 cups hot milk
4 sticks cinnamon



Chop the chocolate and heat in the water until melted. Add honey, salt, and beat the hot chocolate water with a balloon wire whisk as you add the warmed milk. Serve the hot chocolate in mugs with cinnamon-bark stick stirrers in each.

Prepared by: David Goulding

Cherokee Blackberry Cobbler

INGREDIENTS:

4 cups frozen blackberries
2 cups of honey, plus 2 tablespoons
4 cups of corn meal
1 1/3 cup of milk
1 stick of butter
4 eggs, slightly beaten
dash of salt
1 tub cool whip



Preheat oven to 375°. Combine honey, milk, butter, egg and salt. Add corn meal to make a batter. Grease a small casserole dish. Add berries. Drizzle berries with several tablespoons of honey. Pour batter over the berries. Bake for 35 to 40 minutes. Cool and serve with cool whip.

Prepared by: Eli Ney

Pumpkin Soup

INGREDIENTS:

2 cans of pumpkin 30 oz each- (fresh pumpkin can be used. Quarter pumpkin and put in oven for appx. 20 minutes, then scrape out pumpkin)
1 14.5 ounce can of chicken broth
2 chicken bullion cubes
nutmeg
salt and pepper to taste
butter and garlic powder (sauté)
3/4 of (1/2 pint) heavy cream, or Half and Half or condensed milk
11 ounce can of sweet white / yellow corn (cream corn can be used)

Combine all ingredients and cook for 20 minutes (do not boil).

Prepared by: JJ Bell-Nichols

Cherokee Chicken

INGREDIENTS:

1 frying chicken (about 3 pounds), disjointed
1/4 cup vegetable oil
1 clove garlic, minced
2 tablespoons onion, minced
1 8 ounce can whole cranberries
1 green pepper, minced
salt and pepper to taste



Heat oil and butter in a 12 inch skillet. Add chicken; cook until golden brown on all sides. Pour off all but 2 tablespoons fat. Add green pepper, garlic and onion; cook until soft. Add cranberries, salt and pepper. Cover. Simmer 25 minutes. Serves 4 to 6. Cranberries are a substitute for wild berries which were originally used in this recipe.

Prepared by: Linda Yu and XiaoLin Zheng

Cherokee Huckleberry Bread

INGREDIENTS:

2 cups self-rising flour
1 cup sugar
1 cup milk
2 cups huckleberries (blueberries can be substituted)
1 egg
1 stick butter
1 teaspoon vanilla extract

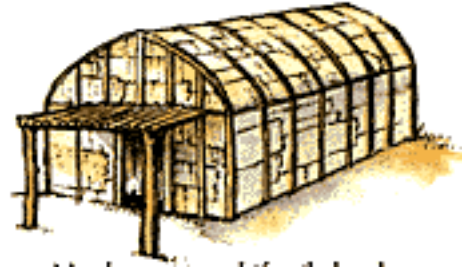
Cream eggs, butter, and sugar together. Add flour, milk, and vanilla. Sprinkle flour on berries to prevent them from going to the bottom. Add berries to mixture. Put in baking pan and bake in oven at 350° for approximately 40 minutes (until done)

Prepared by: Elena Braithwaite

Maple Mashed Sweet Potatoes

INGREDIENTS:

6 lbs sweet potatoes
1 stick unsalted butter, melted
½ cup heavy cream, warmed
2 tablespoons pure maple syrup
1 teaspoon salt
1/2 teaspoon black pepper



Preheat oven to 400°F

Prick each potato twice with a fork and bake in a foil-lined shallow baking pan in lower third of oven until very tender, about 1 hour. Remove and cool slightly. Halve potatoes lengthwise and scoop out warm flesh into a large bowl. Mash potatoes with a potato masher, or for a smoother puree, force through a potato ricer. Stir in butter, cream, syrup, salt, and pepper.

Prepared by: Juanita Roman

Cherokee Fried Hominy

INGREDIENTS:

2 cans hominy
5-6 strips bacon - fried crisp and crumbled (reserve about 3 tablespoons of bacon drippings)
1 tablespoons onion, chopped (optional)
Salt and pepper to taste

Open and drain the hominy and pour into the skillet used for frying the bacon and containing the bacon drippings. Add the crumbled bacon and onion (if desired), salt and pepper to taste, and stir fry on medium heat until well mixed and hot.

Prepared by: Pat Deese and Terry Blankenship-Paris

Indian Beans

INGREDIENTS:

- 1 medium onion, diced
- 1 medium green pepper, chopped
- 1 4.5 oz can of petite diced tomatoes
- 2 16 oz cans of vegetarian beans, drained or pork & beans, drained
- 2 15 oz cans of lima beans, drained
- 2 16 oz cans of kidney beans, drained
- 1/4 cup of brown sugar
- 3 tablespoons of molasses
- 2 tablespoons of butter, margarine or oil

- Saute onion and green pepper in butter, margarine or oil until onions become translucent. Drain tomatoes and add to the onion and green pepper in a large bowl, mix together molasses and brown sugar. Stir in all beans. Finally add the onion, green pepper and tomato mixture. Bake at 350 degrees for 35 minutes

Prepared by: Mitsue Parrish

Sweet Potato Bread

INGREDIENTS:

- 2 large cans of sweet potatoes: drain (save liquid) and mashed
- 1/2 cup reserved liquid from sweet potatoes
- 1 stick margarine or butter [soft]
- 2 cups of sugar [sweeten to taste]
- 1 to 1 1/2 cups white flour [all-purpose]
- 1/4 teaspoon nutmeg [season to taste]
- 1 teaspoon cinnamon [season to taste]
- 1 teaspoon allspice [season to taste]
- 1 cup of coarsely chopped pecans [optional]



Preheat oven to 350 degrees F°.

Combine sweet potatoes, sugar, butter, flour, and liquid from the sweet potatoes and mix thoroughly. Add dry ingredients and mix to combine. Place in a greased and floured rectangular baking pan and bake for 1 hour until slightly brown on top. Optional: top with chopped pecans. Let cool before chilling in the refrigerator.

Prepared by: Jacqueline Locklear

Sausage Fried Rice

INGREDIENTS:

1/2 pound bulk sausage
1/2 teaspoon garlic powder
2 tablespoons cooking oil
3 cups cooked rice, chilled
1 10 ounce package mixed vegetables
2 eggs, beaten
1/2 teaspoon salt
1/4 cup green onions, chopped



Cook the sausage, with garlic powder, in a large skillet till browned. Remove and drain on paper towels. Pour drippings from skillet. Add oil and heat till hot but, not smoking. Add rice and stir-fry over high heat for 1 minute. Add vegetables and sausage and continue to stir-fry, about 5 minutes. Stir in eggs, and cook until set, season with salt. Sprinkle with onions. Yield: 4 servings.

Prepared by: Linda Yu and XiaoLin Zheng

Maple Popcorn Balls

INGREDIENTS:

1/4 cup popping corn
1/2 teaspoon salt (optional)
1 cup maple syrup
1 1/2 teaspoons butter



Prepare popcorn according to package directions. If desired, season with salt.

Heat syrup and butter in a heavy saucepan over medium-high heat, stirring constantly until temperature reaches 250 degrees F on a candy thermometer or until a few drops form soft balls when dropped in cold water.

Remove pan from heat and pour mixture over popcorn. When mixture is cool enough, toss popcorn with syrup and mold into balls, and cool on a buttered baking sheet. Store cooled popcorn balls in an airtight container. Makes about 8.

Prepared by: Page Myers

Porcupines

INGREDIENTS:

1 lb ground buffalo
1/3 cup uncooked wild rice
1 small onion minced
1 green pepper minced
1 tsp salt
1/4 tsp pepper
1 can tomatoes
1 can tomato soup (or sauce)

Combine meat, uncooked rice, onion, green pepper, salt, pepper, mix thoroughly. Shape into firm meatballs. Bring soup and tomatoes in their liquid to a boil in a frying pan with a tight cover, put in meatballs, reduce to very slow simmer. Simmer tightly until done with rice popping out of the balls like porky quills - about 40-45 minutes.

I use 4 lb of buffalo and scale the recipe. The meatballs generally fall apart in the sauce hence I let it become chili. To deliberately make the chili, brown the onion and green pepper with the buffalo meat, then add the other ingredients. Use 1/3 cup wild rice and 1/3 cup brown rice and add pinto beans (1 can per 2 lb of buffalo).

Prepared by: Brad Collins

